



MAGTFTF Safety Presents:

OFF-DUTY & RECREATIONAL SAFETY PROGRAM



Purpose

MCO 5100.30A

- ***Establish policy, responsibilities and procedures for the Marine Corps Off-Duty and Recreation Safety program as implemented by individual commands and by Morale Welfare and Recreation (MWR) activities.***
- ***MWR is now - Marine Corps Community Support (MCCS)***

Background

- ***Off-duty and recreational mishaps impact command readiness***
- ***Significant medical expenses and loss of specialized skills***
- ***Many mishaps can be prevented or minimized***

OFF Duty/Recreation Fatalities 07

As of 12 February

■ Navy

- **14 Jan** 06 FC2 found deceased in hotel room by roommate. Possible alcohol poisoning.

- **14 Nov** 06 GM3 *accidentally shot himself in the head.*

Marines

- **06 Jan** 07 SNM *died from injuries sustained after punching through a window.* **30 Dec** 06 LCPL was found dead after an evening of drinking alcohol.

- **24 Dec** 06 PVT on leave was attending a party, consumed a large amount of alcohol and passed out. PVT was put to bed found dead in the morning.

02 Dec 06 AMAN attached to USMC unit died from being accidentally shot by a shotgun.

- **04 Nov** 06 PVT found unconscious after heavy night of drinking, taken to hospital and placed on respirator. Died 11/6/06. bac .16.

21 Oct 06 LCPL surfaced after a dive from a cliff, then went underwater and did not resurface. LCPL was not breathing when pulled from water.

09 Oct 06 CPL was found on the bathroom floor unconscious and not breathing in a private residence.

- ****FY 06 Off Duty/Recreation Fatalities NAVY 15 MARINES 11**

Applicability and Scope

- ***Applies to all Marines and individuals subject to requirements of MCO 5100.29 (Marine Corps Safety Program)***
- ***Applies to all Marine Corps activities.....***

Policy

- ***Marine Corps commands shall establish and maintain an effective and comprehensive off-duty and recreation safety program***

Action

Commanders shall:

- Per MCO 5100.29 and 5100.8F ensure that programs are established to minimize off-duty and recreation mishaps.*
- Ensure a written off-duty and recreation program is established that incorporates all activities and units within their boundaries. MCCS and military units shall implement this program. The installation safety manager shall be provided adequate resources to administer this program.*
- Incorporate the elements of the enclosure into training programs when applicable.*

Action

- ***Commanders of tenant activities and units shall establish a written off-duty and recreation safety program that compliments and supports that of the host.***
- ***Commanders of small tenant units shall support and use the host's off-duty and recreation safety program. Where a program has not been established, this Order shall be implemented to the maximum degree practicable.***

Organization

- *Full time and collateral duty safety personnel shall incorporate the Off-Duty and Recreation Safety Program requirements into existing safety and health programs where possible.*
- *Installation Safety Councils*
- *Safety council agenda shall include off-duty and recreational issues*

Requirements

- Written guidance regarding operational safety and health for patrons and employees

» Incorporate ORM - Identify hazards, assess hazards, develop risk controls and make decisions, implement controls and supervise.

**** SOPs - reviewed by local safety office***

**** Holiday and extended weekend safety briefs***

**** Written hazard communication program - reviewed by local safety office***

Requirements

- * Workplace safety and health training to provide employees and patrons knowledge of hazards, SOPs, safeguards or PPE***
- * Written emergency plan - includes medical, fire and other emergencies. Phone numbers, responsibilities and other pertinent information***
- * MCCS develop and publish minimum safety requirements for the use of the facility. Only patrons with the required safety training will be permitted use of the area/activity. Maintain records for at least five years.***
- * Bloodborne pathogen medical surveillance program***
- * All training programs will be reviewed by local***

Requirements

- * Training documentation in accordance with local and federal requirements. Maintain records for five years. Some longer, e.g., asbestos.***
- Annual workplace safety and health inspections by qualified safety personnel.***
 - * changes to facilities/activities***
 - * collateral duty safety officer - conduct regularly scheduled safety inspections. Not a substitute for inspections by local safety office.***
 - * refer deficiencies beyond authority to***

Requirements

- ***Log of mishap investigations***

- * ***Mishaps initially investigated by immediate supervisor***

- Provide MCCS a copy of the report***

- * ***Mishap reports generated by MCCS activity safety***

- representative will be reviewed by the MCCS activity***

- before forwarding to the local safety office.***

- * ***MCCS activities shall maintain daily incident log that***

- includes work order items.***

References and Public

- References and publications suggested for additional information

- * Family Safety & Health Periodical***
- * Ashore - Naval Safety Center***
- * Road & Rec***
- * Countermeasure***
- * Ground Warrior - Naval Safety Center***
- * Periodical/Publication of Sport/Activity***

References and Public

- National Associations/Organizations for developing policy and direction

When considering a sport not now established under some type of national guidelines, consider contacting several associations or organizations for guidance on the sport of activity of interest.

Many other local organizations (county and state) may also provide information on specific recreation subjects.

Chain of Command may be contacted for guidance.


MARINES
 THE FEW. THE PROUD.

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MARINE CORPS AIR GROUND COMBAT CENTER

Twentynine Palms, California



SAFETY OFFICE

[MCAGCC HOME](#)
[Safety Office](#)
[CG's Policy Statement on Safety](#)
[Anonymous Safety Reporting Program \(anymouse\)](#)
[Asbestos Program](#)
[Bloodborne Pathogens](#)
[Confined Space](#)
[Ergonomics](#)
[Explosive Safety](#)
[Haz Comm Program](#)
[Hearing Conservation](#)
[Laser Program](#)
[Lead Safety](#)
[Lockout/Tagout](#)
[Mishaps Investigating & Reporting](#)
[Motorcycle Safety](#)
[Off Duty Recreation Safety Program](#)
[Operational Risk](#)

Off Duty Recreation Safety

Summary:

Injuries incurred via sports and recreational activities, both on and off duty, continue to account for a source of fatalities, hospitalizations, lost-time injuries and injuries leading to limited assignments in the Marine Corp. Because of this, the off-duty and recreational safety program has been developed to help minimize risks through inspections, training, and an aggressive awareness campaign.

Presentations:

- **Animal / Plant Safety**
- **Home Safety**
 - [RADON Safety](#)
- **Hunting**
 - Hunting on base is prohibited as per the Environmental Protection Order, CCO 5090.1C, Para 7.i.
- **Off-Duty/Recreation Safety ORM**
 - [Safety Risk Assessment Worksheet](#)
 - [Under Age Drinking](#)
- **Off Road Recreation**
- **Safety Inspection Checklist**
 - [Safety Office Safety Checklist](#)
 - [Safety User Monthly Inspection Checklist](#)
- **Safety Stand Down Presentations**

Orders:

MCO 5100.30A

CCO 5090.1C

Links:

[U.S. Naval Safety Center](#)
[USMC Safety Division](#)
[Consumer Product Safety Commission](#)
[Safety Council](#)
[Environmental Protection Order](#)



BICYCLE

SAFETY

Manage the risks

- **HELMET**
- **HEADLIGHT/REFLECTORS**
- **NO LISTENING DEVICES**
- **LIGHT COLORED CLOTHING**
- **REFLECTIVE CLOTHING**



Rollers Skates, Skateboards, and In- Line Skates

Manage the risks

- » **Helmet**
- » **No portable listening devices**
- » **Safety equipment**
- » **Light colored clothing**
- » **Reflective clothing**



Baseball, Softball and Teeball

- **Batting helmets/face guards**
 - **Safety bases**
 - **Softer-than-standard balls**
- for Teeball**



Small Water Craft and Personal Watercraft (PWC)

- **Testing**
- **SOP**
- **PFD**
- **Training**



Snowmobiles

- **Develop local policy/SOP**
- **Training**



Jogging and Physical Training

- Peak traffic times
- Face traffic/obey laws
- Reflective clothing/vest
- No portable listening devices



Off Road Use of Motorized Cycles and All Terrain Vehicles (ATV)

- Training
- PPE
- Passengers



All Other Sports/Activ

- ***Local policy shall be developed by the unit or installation in cooperation with the local MCCS. Industry standards and association guidelines shall be used where available. The local policy, as written, shall be reviewed by the installation safety office.***

Use of Alcohol

Per MCO P5300.12A (Marine Corps Substance Abuse Program)

- Marines will not be encouraged to consume alcoholic beverages***
- Responsible use of alcohol***
- Offer non-alcoholic beverages***
- No alcohol at reduced prices***
- Food will be provided***
- Alcoholic beverages will not be offered as prizes***
- Sell alcohol in accordance with local laws***
- Alternative means of transportation***



Age and/or Health Restr

- Weight rooms/fitness centers/racquetball courts/saunas

- * 16 and older permitted with valid ID card***
- * 15 and under not permitted. Exception - special programs for the age group***
- * Local commanders may increase the age restrictions.***

Guidance will be provided from HQMC and local medical services.

Requirements for Partic

- ***Local requirements shall be developed for any command sponsored activity, by the command level directly responsible for the activity, e.g., MCCS, base, group, division, squadron, battalion.***
- ***Policy shall reflect guidance issued by the CMC (SD) and/or CMC(MW).***
- ***Guidelines and safety information***

Personal Protective Equipment

- ***Nonappropriated fund activities shall provide necessary PPE for personnel and patrons as deemed appropriate, from their own funds, unless provided for in a host-tenant agreement.***
- ***PPE may be provided for the eyes, face, head, and extremities. Protective clothing, respirators, and protective shields and barriers may also be required.***

Additional Information From the Naval Safety Center

[***www.safetycenter.navy.mil***](http://www.safetycenter.navy.mil)

- Marine Corps Checklist***
- Seasonal PowerPoint Presentations - speaker notes***
- Consumer Product Safety Commission (CPSC) recalls***
- National Observances***
- IG Checklist***
- Recreation links - additional source for recommendations***
- POCs at the Safety Center***